

Calendar of Events

AUGUST 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 Papamoa East Group: 10.30 am The Eastern Café, Parton Road Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	2 For massage appointments please contact Cheryl Ladies Group: 1.30 pm The Rabbit Hole Café, 211 Maunganui Road, Mt	3 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	4	5
6	7 Katikati Group: 10.30 am Robert Harris Café, Main Road Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	8 Carers Group: 11.15 am Botannix Café, Bethlehem EBOP Group: 12 pm RSA, Whakatane Neuro Pilates: 2.00 pm – 3.00 pm	9 For massage appointments please contact Cheryl	10 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	11	12
13	14 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	15 Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	16 For massage appointments please contact Cheryl	17 Physio Class: 10 am – 12 pm Social Lunch: 12 pm	18	19
20	21 Cheryl on leave Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	22 Cheryl on leave Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	23 Cheryl on leave BNZ Closed for Good: 9am-4pm Bunnings Mount Maunganui and Mitre10 Te Puke	24 Cheryl on leave Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	25	26 HD Group: 2 pm Morva 021 0228 6041
27	28 MS Awareness Week Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	29 MS Awareness Week Te Puke Group: 10.30 am The Daily Café, Commerce Street Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	30 MS Awareness Week For massage appointments please contact Cheryl Quiz Night: 7.30 pm Cornerstone Pub 55 The Strand, Tauranga	31 MS Awareness Week Physio Class: 10 am – 12 pm Social Lunch: 12 pm Meet N Greet 5 pm – 7pm The Raft, Chapel Street, Tauranga Open Mic Night: 9.00 pm Mount Social Club 305 Maunganui Road, Mt		

SEPTEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1 MSAW Appeal Stands	2 MSAW Appeal Stands
3	4 Katikati Group: 10.30am Robert Harris Café, Main Road Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	5 Papamoa East Group: 10.30 am The Eastern Café, Parton Road Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	6 For massage appointment please contact Cheryl Ladies Group: 1.30 pm The Rabbit Hole Café, 211 Maunganui Road, Mt	7 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	8	9
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17	18 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	19 Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	20 For massage appointment please contact Cheryl	21 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	22	23
24	25 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	26 Te Puke Group: 10.30 am The Daily Café, Commerce Street Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	27 For massage appointment please contact Cheryl	28 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Meet N Greet 5 pm – 7pm The Raft, Chapel Street, Tauranga	29	30 HD Group: 2 pm Morva 021 0228 6041

For information on the group or exercise classes please contact Cheryl Standring on 027 221 9977 or cheryl@bopms.co.nz

For information on fundraisers or events please contact Rachelle Atherton on 027 521 9977 or admin@bopms.co.nz